



SUFFOLK ORIENTEERING CLUB

Simon Peck Summer Series 3

15th July 2018



Local event at Needham Lake, Needham Market

Join us for the third event in this year's Summer Series, this time at Needham Lake. Beginners & families are welcome - our summer events are an excellent introduction to the sport - & help & advice will be on hand to get you started. The event also offers a longer course for more experienced orienteers & runners.

Entry is on-the-day, with start times from 10:30 to 12:00. Courses close at 14:00.
Electronic timing will be used (SI cards may be borrowed)

Entry Fees: Seniors: £4.00 Juniors (under 21): £1.00 Groups: same as senior rate (extra maps £1)
SI Card: free loan, but £30 replacement cost if lost

Courses: **Short:** 2.1Km (suitable for beginners)
Long: 3.7Km (for those with some experience)

All distances are measured "as the crow flies" between checkpoints, so you can expect to travel further to skirt "uncrossable" features.

Terrain: A local park with plenty of easily identifiable features & a good path network - although route planning is made more tricky by the presence of the lake & river. The longer course will visit the area to the north & east of the river where there is the Car Boot Sale field plus an area of scrub & a community woodland with well-defined mown areas & paths. The unmown areas contain much bramble & thorn - best to avoid if you wish to achieve a good time!

Map: scale 1:4000, recently updated, printed on plain paper. Waterproof covers available if wet.

For Consideration:

- Both courses pass close to deep, uncrossable, water (lake & River Gipping). Care required, & the bridges must be used to cross the River Gipping
- The Long course uses a quiet access road - there will be little traffic but please take care as drivers will not be aware of the race taking place.
- **On either course, under 10s MUST be accompanied by an adult**
- Needham Lake is a popular & busy public area: there will be family groups, picnics, dog walkers, children taking part in the Xplorer activity & so on. Please take care, particularly on the narrow sections
- For your own safety, & to avoid damaging the already drought-stressed vegetation, please take care & plan your route to remain within the paths & mown areas where possible when in the scrub section. Full leg cover will still be essential for the Long course.
- It may be warm & there is little shade on the area as a whole. Please take sensible precautions as to clothing, hat, sunscreen, water etc
- Dogs are allowed on the course but should be on a lead (sheep may be grazing in one area)

Training: the event is scheduled as a training session for club members. Please contact Clive at coach_clive@suffoc.co.uk in advance, as usual, particularly if you'd like him to pair you with someone for shadowing.

Directions: Parking will be in the Needham Lake car park to the North of the river & which is accessed from the B1078 Coddendam Road. Use either A14 Junction 51 or approach from the B1113 Needham Market High Street (very low bridge to navigate if using the latter). Registration and assembly will be adjacent to the car park.

Organiser & Planner: Pete & Chris Gay info@suffoc.co.uk

British Orienteering is a partner in the [McCain "Dare to Do It"](#) & [Nestlé "Kids go free"](#) promotions: their 2-for-1 vouchers may be used at this event.

Privacy Statement: by completing the registration form you agree that we may hold your data and publish your Personal Information as part of the results of the Event. We may pass such information to the governing body or any affiliated organisation for the purpose of insurance or for publishing results. Results may include (but not be limited to) name, any club affiliation, race times and age group

Insurance: Competitors who are NOT members of British Orienteering will only be covered by the organisation's public liability insurance for a maximum of three orienteering events: after that they will need to become members for the insurance cover to continue.

Medical Information: You may wish to leave confidential medical information & contact details with the organiser, only to be used in case of emergency. Please place the information in a sealed, named envelope. If you own an SI card the number can be added to the envelope. Any envelopes not collected by the end of the event will be destroyed unopened

Photography: We may take photographs during the event & these may be published on our website or Facebook page. We don't 'tag' or give contact details, and hope that anyone else sharing photos on social media will also take care, particularly when young people are involved. If competitors or parents/guardians would prefer that photographs of individuals are not displayed please notify the event officials.

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IP6 8NU

OS Grid Ref:
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